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60 SECONDS WITH THE  
LAST 10 POUNDS'  
TOMMY EUROPE {page 4}



# VENGEANCE JETS TAKE DOWN PATRIOTS SPORTS {page 14}



HALIFAX

# metro®



Monday, January 17, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.



Gold. Swan

## 'An intense passion for giving'

- Forty-year-old woman pledging to do 40 charitable events in 2011 says no shortage of ideas to choose from
- Already has 28 scheduled, with 12 more to confirm



JENNIFER  
O'CONNOR  
@METRONEWS.CA

Many women approach their 40th birthdays with dread, but Jennifer O'Connor is going in a different direction.

The Halifax woman — who turned 40 on New Year's Eve — is going to do 40 charitable events in 2011.

"I don't know if it's because I was turning 40, but leading up to a milestone like that you are trying to figure out what your purpose is in life," she said.

"I've been going on that journey of quietly figuring out what my place is here."

O'Connor, a stay-at-home mom of three young kids, is no stranger to philanthropy — but she wanted to do more.

"I was trying to find a way to be a little more involved than writing a cheque."

So in a conversation with someone she knows at the IWK Health Centre, the idea of 40 at 40 came about.

"There's got to be something bigger. I have an intense passion for giving, and



► Jennifer O'Connor stands next to a cutout of Paula Abdul, who will appear in Halifax for a Bust a Move fundraiser in March.

there has to be a way to use that beyond the special relationships in my life and (to) touch communities. So this is how we came up with 40 for 40."

The first two charitable events are already on the go: O'Connor said she set up an endowment fund for women's health through the IWK, and she's putting together a team for the Bust a Move event on March 26.

► Actor Natalie Portman poses with her award for best performance by an actress in a motion picture (drama) for Black Swan at the 68th Annual Golden Globe Awards held at The Beverly Hilton hotel last night in Beverly Hills, Calif.

More coverage, page 8.

KEVIN WINTER/GETTY IMAGES

Portman wins statue for Black Swan

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- Lindsay, C.

Since 2009, I have suffered excruciating pain in my left shoulder coming down from my neck reaching to my upper back. My family doctor diagnosed me with pulled muscle and prescribed Naproxin but I had no relief with the medication. I visited chiropractors and acupuncturists, no relief. Then, I saw the CDPC ad. "After 10 treatments, I feel absolutely relieved, 98% of my pain was gone! No medication, no surgery." Thank you CDPC!  
- Linton, S.



I used to take chiropractic treatments, acupuncture and pain pills regularly before and even with those I was in pain. "Since I started decompression, I am 100% better." Now I come in for decompression treatments once a month only and I am back to my old healthy self. I would recommend anyone suffering from chronic pain to take these treatments.  
- Dykowski, J.

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- Karaiskos, J.



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# Ribbon cut for Games Centre

► Police had chance to tour facility after it officially opened ► Centre to be used for gymnastics, badminton and synchronized swimming at the Games



► Defence Minister Peter MacKay, along with Canada Games mascot Sammi, attends the opening of the Canada Games Centre in Clayton Park on Saturday.

The \$45-million showcase venue for the 2011 Canada Games in Halifax officially opened Saturday with less than a month to go before the games begin.

Hundreds of people gathered outside under bright sunshine for a ribbon-cutting ceremony at the gleaming Canada Games Centre in Clayton Park.

Flanked by Nova Scotia duck tolling retrievers Anni and Sammi — the Games' mascots — the rib-

bon was cut by HRM Mayor Peter Kelly, Premier Darrell Dexter and Defence Minister Peter MacKay, the province's voice in the federal cabinet.

"In just a few weeks time, we will be hosting Canada's elite athletes for what may be some of the greatest competitions of their careers," MacKay told the crowd. "We can't wait to welcome all of those participants. This will be the best Canada Games ever."

The games will be held the last two weeks of February, attracting athletes from across Canada.

Dexter said the centre is the "crown jewel" of the games.

"This is a world-class facility that will not only host some of our nation's best athletes ... but will also serve Nova Scotians for generations to come," Dexter said before the crowd was invited in for treats and a tour.

HRM spent \$21 million on the project and the fed-

eral and provincial governments spent \$12 million each. THE CANADIAN PRESS

## Out of the gate

The centre is a multi-purpose training and recreation facility.

► It includes an eight-lane, 25-metre indoor pool, leisure pool, fitness centre, indoor 200-metre running track and four full-sized gymnasium courts.

## Dexter calls budget cut talk fear mongering

Premier Darrell Dexter is accusing some of the province's school boards of purposely spreading fear about the NDP government's latest bid to put a lid on rising education costs.

"They really have to stop bringing forward these dramatic scenarios with job cuts when they know that we would never allow those to happen," Dexter said yesterday. "I just think it's terribly irresponsible to be creating the kind of fear that they are creating by bringing forward these scenarios."

Dexter was referring to the fallout from an Education Department planning document, distributed last October, that instructed all eight school boards to prepare for a possible \$196 million in budget cuts over the next three years. That amounts to a 22 per cent cut.

THE CANADIAN PRESS



On the web at metronews.ca

**Vancouver Whitecaps GM tells It's Called Football about their choice to make Omar Salgado their first overall pick. More at metronews.ca/blogs**

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# Africville church a step closer

The long process of reconstructing the Seaview United Baptist Church passed another hurdle this weekend.

On Friday, Mayor Peter Kelly announced the transfer of the deed for 2.5 acres of land at Seaview Park for the project. The land was initially promised at last February's formal apology for the destruction of Africville, the predominantly black community demolished in the 1960s to

## Funding

► The municipality has also committed \$3 million in funding for the project. The province will also contribute \$1.5 million.

make way for the MacKay Bridge.

Kelly said municipal staff are now preparing to bring water and sewer access down to the site.

"When (the Africville

Heritage Trust Board has) all their logistics in place, they'll move forward," said Kelly.

"We're continuing our onus and responsibilities, and they will decide their timeframes with the construction. We'll continue to move forward and I'm sure ready and able ... they will then be prepared to move that project forward as well."

On Saturday, the newly formed board delivered an

update on the project at the North End Community Library. Daurene Lewis, the chair of the heritage trust board, said they can now move "confidently" ahead with the planning process.

The project will also include a museum and an interpretive centre, showcasing the community that once lived there, as well as documenting its relocation.

● ALEX BOUTILIER

# MacRae waives preliminary trial

- MacRae doesn't appear in court
- He continues to be held at the Central Nova Correctional Facility

Jason MacRae has waived his right to a preliminary inquiry on a charge of first-degree murder in the death of his wife, Paula Gallant.

MacRae was not in Halifax provincial court for the brief hearing Friday, but instructed his lawyer to waive the inquiry.

The case heads to Supreme Court where MacRae will be arraigned on Jan. 27. He has elected to be tried by a judge and jury.

Crown lawyer Denise Smith said the decision to forego the preliminary hearing will speed up the process and eliminate months of proceedings.

"What that means is that the defence is satisfied there is sufficient evidence to stand trial and that the matter can now proceed to Supreme Court for dates to be set," she said outside court.

## Evidence

► A preliminary inquiry determines if there is sufficient evidence for a case to proceed to trial.

"It means the matter essentially will be expedited now and will proceed directly to the trial court."

MacRae was arrested at his home in Timberlea on Aug. 17, almost five years after police found Paula Gallant's body in the trunk of her car.

Her vehicle was parked at the school where she taught Grade 3.

Police say they believe the 36-year-old teacher was killed Dec. 27, 2005.

The married mother of one had left home to go shopping earlier in the day. At the time of her death, she and MacRae had a one-year-old daughter.

THE CANADIAN PRESS

# Province offering flood assistance

Those who suffered uninsurable property damage during a series of rainstorms and floods that hit Nova Scotia last November could benefit from a \$5.6-million disaster assistance program from the federal government.

Premier Darrell Dexter said the money would help people, businesses and

charities affected by storms that dumped about 200 millimetres of rain.

He said the provincial portion of the program is \$2.4 million, and while his government will cover all of the costs initially, he hopes to recover about \$3.15 million from the federal government.

THE CANADIAN PRESS

## News in brief

### Cape Breton Highlanders restored

ARMY. A unit that fought in South Africa, both world wars and Korea has been reborn.

Defence Minister Peter MacKay announced yesterday the name of 2nd Battalion, Nova Scotia Highlanders (Cape

Breton) will be changed back to the Cape Breton Highlanders.

The army reserve unit is assigned to the 36 Canadian Brigade Group.

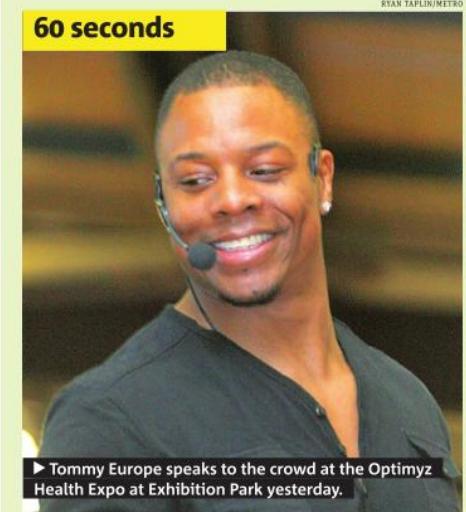
From its birth in 1871, many Cape Breton families have seen their relatives serve with the unit that won 56 battle honours.

The unit lost its former name in 1955.

MacKay said restoring the name "is a gesture of pride and respect for enduring traditions."

THE CANADIAN PRESS

## 60 seconds



► Tommy Europe speaks to the crowd at the Optimyz Health Expo at Exhibition Park yesterday.

**TOMMY EUROPE**

**"HAVE A PLAN,  
HAVE A GOAL,  
STICK TO THE GOAL"**



► Jason MacRae is escorted from a courtroom at Halifax provincial court in this file photo from last year.

**Fitness coach**  
extraordinaire Tommy Europe is enjoying his sixth season on Slice TV's *The Last 10 Pounds Bootcamp* and has his own fitness book coming out in March. Europe was in Halifax at the Optimyz Health Expo, and took some time to speak with Metro.

**What's the biggest mistake people make in trying to get fit?**  
Not setting a plan. You have to set a plan if you're going to make any progress on anything. Have a plan, have a goal, stick to the goal, and one thing I like to say, "Don't talk about it, be about it."

**What percentage of people do you think work out to their maximum?**  
I'd probably say 20 per cent. If they're going to work out with me, they're going to work

out to their capabilities — I will push them past their comfort zones and that's what it's going to take. If they want to get results, they're going to have to work for it.

**So are you as mean in real life as you are on TV?**  
(Laughing) I'm not mean. Obviously, on TV the persona is the drill sergeant and people see a certain part of the show. They don't really see the one-on-one workouts I do with them.

**What would a cheat meal be for Tommy Europe?**  
I'm a gummy bear guy, but I'll have a burger every so often — not the fast-food burgers. Really, I don't watch what I eat but I eat a balanced diet. If you work really hard, you can take a few liberties from time to time.

● PHILIP CROUCHER

## Foot chase leads to gun seizure

A 19-year-old man is facing charges after police recovered a loaded firearm following a brief foot chase.

Police say the chase started shortly after 2:30 p.m. Saturday when officers pulled over a vehicle for a routine traffic stop on Mountain Road in Dartmouth.

A police K-9 unit later retraced the suspect's tracks, leading officers to some personal items as well as a loaded firearm.

THE CANADIAN PRESS

## Needs store robbed of money

Police say a man wearing a mask and holding a knife robbed the Needs store on Lacewood Drive on Saturday night.

The suspect left with an unknown amount of money and hasn't been located. The male cashier wasn't hurt.

● METRO



For more news, visit metronews.ca/halifax

# Gunfights rock Tunisia after president flees

- Crowds cheer as suspected shooters arrested
- Election must be held in 60 days, constitution says

Tunisian authorities struggled to restore order in Tunis yesterday, arresting the head of the presidential guard and trying to stop the looting, arson and gunfights that have erupted across the capital since autocratic former president Zine El Abidine Ben Ali fled to Saudi Arabia on Friday.

Tensions appeared to be mounting between Tunisians buoyant over Ben Ali's departure and his loyalists, who stand to lose major perks. Police arrested more than 50 people on suspicion of using ambulances, rental cars and civil protection vehicles for drive-by shootings, a police official said.

To cheers and smiles, some residents tore down massive portraits of Ben Ali that were omnipresent during his regime, hanging on lampposts and billboards, gazing down over shops and hotels. Some stretched several storeys high.

Some gas stations and stores reopened yesterday morning, and it appeared that calm might be returning. But a gunfight broke out in the afternoon between security forces and unidentified attackers in front of the headquarters of the main opposition party PDP, said senior party member Issam Chebbi.

A crowd swarmed the area in central Tunis after the incident, and heavy security was deployed.

Prime Minister Mohammed Ghannouchi is



► Two men try to remove a torn portrait of former Tunisian president Zine El Abidine Ben Ali yesterday in Tunis.

## Night in Tunisia

- Dozens of people have died in a month of clashes between police and protesters angry about the repression and corruption of Ben Ali's rule — unrest that ultimately marked the end of his 23-year regime.
- Businesses owned by Ben Ali's family were major tar-

gets of looters. The family of the ex-president's wife, Leila Trabelsi, has financial interests from banking to car dealerships. A branch of the Zeitouna bank in Tunis founded by Ben Ali's son-in-law was torched, as were vehicles made by Kia, Fiat and Porsche — brands distributed in Tunisia by members of the ruling family.

speaker Fouad Mebazaa, who has urged him to consult opposition forces.

**THE ASSOCIATED PRESS**

## History just a click away

## Vote likely to split Sudan

It's being called the Google of Canadian history. The Canadiana Discovery Portal is an ambitious new search engine that combs through more than 60-million pages of information from archives across the country. The portal, located at beta.canadiana.ca, is designed for easy viewing by the general public.

**THE CANADIAN PRESS**

## Club Fed, Russian-style

Russia's notorious Butyrskaya prison will soon offer inmates a new perk: Tanning beds. The tanning beds are meant to compensate for inadequate sunlight in the cells, said Viktor Dezhurov of the federal prisons service. Inmates will have to pay 10 rubles (33 cents) a minute, not a small sum in Russia.

**THE ASSOCIATED PRESS**

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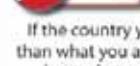
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# All ears on Bank of Canada's rate notice

► Higher inflation will be bigger problem for BoC if oil prices continue to surge ► Oil prices already at two-year highs of over \$90 US a barrel

The Canadian dollar could find lift from the Bank of Canada's announcement on interest rates tomorrow while stock markets will take their cue this week from corporate America and fourth-quarter earnings.

There is little doubt that

the Bank of Canada will continue to keep its key interest rate unchanged at one per cent. But the currency, which has been slightly above parity all during January, could find increased buying interest depending on what the central bank says about eco-

nomic conditions and raising rates during 2011.

"Beyond the January meeting, there is a ton of debate. I've never actually seen anything quite like the spectrum of forecasts we have at this point," said Doug Porter, deputy chief economist at BMO Capital

Markets.

"BMO's view is kind of in the middle of the pack, we have them starting to raise rates in May, but some see it as early as March. Some see it as late as September so forecasters are really of a split decision on this one."

THE CANADIAN PRESS

**Target. Battle**



► A Target Apparel store is shown in the Rainbow Centre in Sudbury, Ont., on Friday.

GINO DONATO/THE CANADIAN PRESS

## Naming rights not on target?

U.S. discount retailer Target might have to choose between using a different name in Canada, buying the Canadian rights to the Target trademark, or face a lawsuit, depending on what happens in a fight over ownership of naming rights. Fairweather Ltd., which is owned by discount menswear chain International Clothiers, has owned the Target Apparel name in Canada for 10 years.

## Market moment

Dollar	Natural gas
-0.02¢ (101.07¢ US)	1,000 cu ft \$4,490 (+ 71¢) Gold contracts \$1,360.50 (-\$26.50)
+14¢ US (\$91.54)	TSX +62.58 (13,464.06)

## Well sites face theft

Officials in the oil and gas industry say increased theft from well sites is costing them millions. Insiders say the crooks are creating dangerous situations, removing parts from working equipment.

THE CANADIAN PRESS

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## Mine faces regulators

A new diamond mine in Canada's North is again in front of regulators after a recovery in international markets for the sparkly objects of desire.

Diamond miner De Beers recently filed a mammoth environmental assessment for its long-awaited \$600-million Gah-

cho Kue project and says it could begin production from the mine in 2014.

"It's been a project that's been in the works for quite some time," said De Beers spokeswoman Cathie Bolstad. Northern officials say the project's revival is well timed.

THE CANADIAN PRESS

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# CABINET OMISSION WAS REAL NEWSMAKER

## Urban Compass

**STEPHEN KIMBER**



The most intriguing aspect of last week's provincial cabinet shuffle was not the Cheshire cat-like, photo-op grins on the faces of the two newly blessed members of Darrell Dexter's inner circle.

**O**r the nameplate shuffling and amoeba-like subdividing of ministerial responsibilities the government predictably insisted will help it do its job even better and eventually save taxpayers money it is about to spend to add new ministers and their staffs to the public payroll.

Or even the equally predictable bleating from the opposition that now is no time to

add to the cost of government, even though they will almost certainly do the same if they some how, some way, some day get the chance.

No, the most intriguing aspect of last week's shuffle was the name that went unmentioned: Howard Epstein.

Intriguing. Disappointing. But hardly surprising.

Epstein, a lawyer, veteran MLA and former Halifax city councillor, remains one of his party's best, brightest and worst used backbenchers.

He's a former head of the Ecology Action Centre, an acknowledged expert on matters environmental. Given the Dexter

government isn't winning awards for environmental stewardship — can you say mercury emissions? — appointing Epstein would signal the party is serious about sustainability and help woo Green-leaning voters.

But Epstein — a finance critic during the NDP's opposition-wandering years and a wise-in-the-ways provincial-municipal affairs expert — would

have been a good fit in other portfolios, too.

Why is he still on the outside? There are obvious answers, of course.

Epstein is ideologically to the left of many of his colleagues,

not to forget an independent thinker who speaks his mind and a smart guy who doesn't suffer fools gladly.

For much of his time in opposition and during Dexter's first year in office, Epstein played — in public at least — the ideal team player.

When he finally went off the reservation this summer — publicly opposing plans for a convention centre — it seemed an acknowledgement he would never be inside.

Ultimately, that may not be a bad thing.

Given its own tendencies and the rightward lurch of both opposition parties, Dexter's government could use an articulate critic from the left.

Epstein is certainly that. So his absence is a disappointment. But not completely.

## Cartoon

MICHAEL DE ADDER

### POPE JOHN PAUL II ON THE FAST TRACK TO SAINTHOOD:



# Work is meant for work

## Letters & Tweets

*We asked: What do you do when your boss is out of the office?*

**@Ren\_Thompson:** I actually get my work done ;)

**TORONTO.** I work. That's what I'm paid to do. No matter who's in the office, and I'm thankful I have a job. **DAVID HEWITT**

*We asked: Which one of your habits do you wish you could break?*

**@DeeDeeNewell:** wish I could be more patient

**@dallas\_price:** biting my fingernails, counting steps as I walk up them, eating

## Focus on the job at hand



chocolate so much and drinking tea everyday.

*We asked: What is your favourite time of the day?*

**TORONTO.** I would have to say that the best time of day for me is when I leave my work. There is nothing better than knowing I am heading home to spend time with my boyfriend,

calling my mom and dad or chatting via email with my friends. Work is work and no matter how much pressure you get to work long hours (I so know this), nothing feels better than saying, "No, I need to spend time with my loved ones!" Like I said, best time of the day is with people I love!

**KELLY PAGLIS**

**Do you think the CRTC's decision on misleading news will impact Canadian media?**

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## Metro Minute with a T. rex named Sue

Arguably the world's most important T. rex is now on display at the Museum of Natural History in Halifax. Standing 18 feet tall and 42 feet long — from nose to the tip of its tail — this tyrannosaurus rex named Sue is the largest, most complete dinosaur of its kind.

The replica of the original opened over the week-

end and will be on display until May 8.

During Sue's stay, the museum will also have exhibits showcasing the history of dinosaurs, their evolution, how scientists believe they went extinct and hands-on interactive exhibits.

Visit museum.gov.ns for complete details, including visiting hours. • METRO



► The Museum of Natural History is hosting a tyrannosaurus rex exhibit until May 8.



## News in brief



The Social Network keeps making friends, winning the Critics' Choice award for best picture and three other prizes. But Inception led all films Friday night with six awards total, all in technical categories. The Social Network, which chronicles the origin of Facebook, also won for David Fincher's direction, Aaron Sorkin's adapted screenplay and the score from Trent Reznor and Atticus Ross.

THE ASSOCIATED PRESS



Scan this code or visit  
[metronews.ca/scene](http://metronews.ca/scene) for more  
coverage of the Golden Globes

- ◆ Hollywood elite get together to celebrate the best in movies and television
- ◆ The Social Network named best drama, Portman and Firth take top acting honours
- ◆ Host Ricky Gervais keeps everyone on their toes with his quick, biting humour

# Social Network takes top prize

Some people really know how to throw a party.

Each year the Hollywood Foreign Press Association brings the top stars from TV and film to a booze-soaked, black-tie dinner, invites them to catch up with colleagues as they collect accolades for their work, then puts the whole thing on TV as the Golden Globe Awards.

Last night's 68th annual ceremony unfolded at the Beverly Hilton Hotel's International Ballroom, where hundreds of stars, from Jane Fonda to Justin Bieber, took part in one of Hollywood's hottest parties of the year.

The Facebook tale The Social Network took the top honours at the Golden Globes with four prizes, in-

**"It's going to be a night of partying and heavy drinking. Or as Charlie Sheen calls it — breakfast."**

HOST RICKY GERVAIS IN HIS OPENING MONOLOGUE

cluding best drama and director, solidifying its prospects as an Academy Awards favourite.

Winning the dramatic lead-acting prizes were Colin Firth for the British monarchy saga The King's Speech and Natalie Portman for the psychosexual thriller Black Swan.

Lead-acting honours for the Globes' musical or comedy categories went to Annette Bening for the lesbian-family story The

Kids Are All Right and Paul Giamatti for Barney's Version, based on a novel by Canadian author Mordecai Richler. In his speech Giamatti thanked the Richler family. He also gave a shout out to the film's "incredible" crew in Montreal, where the film was shot.

"An incredible beautiful city which I dream about," Giamatti said. "An incredible place in a great nation, Canada. And I salute the great nation of Canada."

The boxing drama The Fighter earned both supporting actor Globes, for Christian Bale and Melissa Leo.

Katey Sagal and Steve Buscemi both won their first Golden Globes for top actors in television dramas, with Buscemi's Prohibition-

era Boardwalk Empire on HBO also honoured as TV's best drama.

"I hope we do it for years and years and years," said Buscemi.

Boardwalk Empire won on its first year on the air, beating Mad Men, which had won the last three top drama awards.

THE ASSOCIATED PRESS



► Dicky Eklund, portrayed by Christian Bale in The Fighter reacts to Bale's Golden Globe win.



► Ricky Gervais hosted the Golden Globes last night and took shots at the Hollywood elite, including introducing Bruce Willis as Ashton Kutcher's father.



► Angelina Jolie was nominated for a Golden Globe for her role in The Tourist.

JASON MERRITT/GETTY IMAGES

## Disaster Financial Assistance Program November 4-10, 2010 Flooding

After a disaster, people sometimes need help to get back on their feet.

If you have uninsurable damages to your home or small business as a result of the floods that took place from November 4 to 10, 2010, you may be eligible for assistance\*.

More information and applications can be found at [www.gov.ns.ca/emo](http://www.gov.ns.ca/emo) or call toll free 1-866-424-5620 Monday to Friday from 8:30 a.m. to 4:30 p.m.

Support can go a long way toward making lives better and communities stronger.

**Deadline for Applications, March 7, 2011**

\*Eligible areas are: Municipalities of the Districts of Digby, Shelburne, Yarmouth, Lunenburg, the Municipalities of the Counties of Annapolis, Kings, Hants, Colchester, and Cumberland, the Region of Queens Municipality, Halifax Regional Municipality, and the Municipality of Pictou County.



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Find out more at [www.communityspiritaward.ca](http://www.communityspiritaward.ca)



News worth sharing.

# Surprise! It's a Little Wilson for Owen

Actor had kept pregnancy and relationship with girlfriend out of spotlight until recently

Owen Wilson is a dad. The actor and his girlfriend, Jade Duell, welcomed their first child, a boy, in Hawaii over the weekend, according to Us Weekly.

The Little Fockers star had kept both the pregnancy and his one-year relationship with Duell under wraps until a week ago. "Owen has had many girlfriends under the radar who no one knew about," a source says.

"He may have dated high-profile women like actress Kate Hudson and musician Sheryl Crow, but that is not the norm for him. He likes regular people." • METRO



► Owen Wilson and his girlfriend, Jade Duell, have a new baby boy.

## Taylor singing the blues?

When Jake Gyllenhaal broke up with Taylor Swift, he reportedly did so over the phone, according to Us Weekly.

"Taylor is really upset and hurt," a source says. "She doesn't know what she did for him to just put a stop to it. She feels really burned by him."

The phone call in question is said to have come right before the People's Choice Awards. "She was not her usual bubbly, over-animated self," the source



says of Swift at the event. "She didn't eat anything, seemed very sad and definitely wasn't having a good time." • METRO

### Celebrity tweets



Eva Longoria

[@evalongoria]

Just so everyone knows I still have all my tattoos! Nothing is being removed, although I am always up for more tattoos!



Jessica Alba

[@jessicaalba]

Every time I fall asleep watching "I Survived" I think "why the heck do I subject myself to this?!" - I'm addicted. It's a problem.



James Van Der Beek

[@vanderjames]

Neighbours

who were jackhammering at 8am are now partying at 2:30am... I think I'll finish their jackhammering for them... tomorrow at 7am.



Steve Martin

[@SteveMartinToGo]

According to the new Zodiac sign dates, I am now a Kitten.

## Reynolds' new role

While Sandra Bullock and Ryan Reynolds may be dodging romance rumours, Reynolds has reportedly been bonding with Bullock's adopted son, Louis, according to People.

"Sandra loves the idea of

Louis having a good male role model in his life," a source says.

"Ryan loves children and has always wanted to be a dad. He would have loved to have had a baby with Scarlett [Johansson], but work always came first." • METRO



Ryan Reynolds

# TOP 10 of 2010

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## YOU VOTED! THE TOP 10 WASTES OF MONEY OF 2010 ARE:

- 1 iPad
- 2 Cigarettes
- 3 Alcohol
- 4 iPhone 4
- 5 Lottery/Gambling
- 6 Coffee
- 7 iBooks
- 8 Deals/Sales in store
- 9 Car
- 10 Gym membership

To see more Top 10's of 2010, visit [metronews.ca/top10](http://metronews.ca/top10)

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

# 3 life

**Rabbit people**


Luck is a clear theme when it comes to those born under the Chinese Zodiac sign of the rabbit, says Elizabeth VanderVen, a specialist on Chinese and eastern Asian culture.

"Rabbits are considered to be especially lucky financially," she said, noting some believe rabbits are the luckiest of all signs in the Chinese Zodiac.

That, VanderVen said, could be especially true this year because the 2011 rabbit year corresponds with the element of metal, symbolizing great wealth.

This we can make easy sense of: Alex Rodriguez is a rabbit. Same for Johnny Depp, Angelina Jolie, Brad Pitt, Charlize Theron, Drew Barrymore, Enrique Iglesias, George Orwell, Frank Sinatra, Albert Einstein and Leon Trotsky.

**THE ASSOCIATED PRESS**



**U.S. study shows owners should check for cat stress before euthanizing pet for disease.**



# Do your furry friends have a sixth sense?

72 per cent of American dog owners say their pets can feel bad weather, and 47 per cent claim their pets have alerted them of bad news ▶ Scientists don't have answers

Lassie could always sense when Timmy was in trouble. Black Beauty knew the bridge was out.

Now two-thirds of American pet owners say they can relate, saying their pets have a sixth sense about bad weather, and 47 per cent say the same about bad news, according to an Associated Press-Petside.com poll.

Seventy-two per cent of dog owners said they've had weather warnings from pets, compared with 66 per cent of cat owners.

For bad news, 47 per cent of dog owners and 41 per cent of cat owners said they've been alerted by their pets, according to the

**Pets online**

Check out more info about animals and their sixth sense on the web.

▶ [petside.com/sixthsense](http://petside.com/sixthsense)  
 ▶ [aspca.org](http://aspca.org)  
[petsaretalking.com](http://petsaretalking.com)

poll conducted by GfK Roper Public Affairs and Corporate Communications.

If a friend or relative comes to the door, Lady, a four-year-old golden retriever mix, doesn't even bother to get up, said Stacy Jones, 50, of Stone Mountain, Ga. But if it's a stranger, she goes on minor alert, she said.

Lady's sixth-sense tendencies are very subtle, said the Atlanta university writer and editor.

But 18 years ago, when Jones was ordered to bed

toward the end of her pregnancy, her dog Silver "planted herself next to me and would not leave. She knew something was going on with the baby and it was her job to take care of the baby."

The reason? It's actually hard to know.

"A sixth sense is something we can't explain but we tend to trust. It's a matter of belief and faith," said psychologist Stephanie LaFarge, the senior director of counselling services for the American Society for

the Prevention of Cruelty to Animals.

Scientists have suggested animals sense bad weather because of changes in barometric pressure or other factors, LaFarge said, and dogs anticipate seizures, low blood sugar or other medical problems because of hormonal changes.

But they haven't figured out what alerts pets to earthquakes, bad news or other such events — or if it's just in the eyes of their owners. **THE ASSOCIATED PRESS**

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# Stir-frying offers taste & health benefits

## ► This Chinese technique calls for less oil, more veggies

This year, how about a Chinese New Year's resolution — more stir-frying.

Grace Young, author of *Stir-Frying to the Sky's Edge*, says this Chinese technique, which involves cooking food quickly over high heat in small amounts of oil, is healthy because it calls for small amounts of meat and fat, but plenty of vegetables.

First, get a good wok or large skillet. Young recommends either a flat-bottom carbon steel wok or stainless-steel wok or skillet.

Next, be sure to heat the pan first, then add the oil, then food. Adding oil to a cold wok and then heating it will cause foods to stick.

In terms of oil, Young says it's important to choose one with a high smoke point, such as peanut or grapeseed.

Lastly, Young cautions against overcrowding, which will cause meat and vegetables to steam or braise rather than caramelize and cook quickly as they should with this fast, high-heat technique.

This recipe for stir-fried crystal shrimp from Young's book is a tasty way to celebrate Chinese New

Year. The shrimp are considered to represent happiness and laughter.

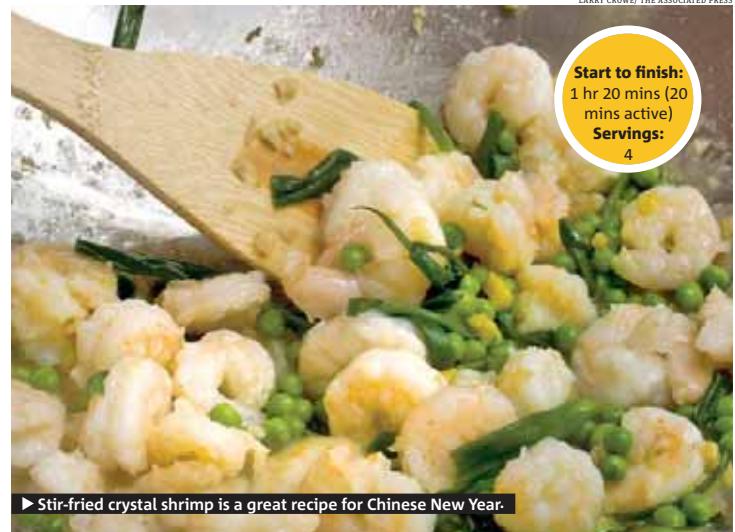
### Preparation:

- 1** In a strainer, rinse shrimp. Sprinkle 5 ml (1 tsp) of salt over shrimp, then stir shrimp in a vigorous circular motion for about 1 minute.
- 2** Rinse shrimp under cold water, shake out excess water. Sprinkle another 5 ml (1 tsp) of salt over shrimp and repeat stirring and rinsing process. Set on paper towels. With more paper towels, pat dry.
- 3** In a bowl, combine shrimp, egg white and 15 ml (1 tbsp) cornstarch. Stir until cornstarch is dissolved and no clumps are visible. Put shrimp mixture uncovered in the refrigerator for 1 hour.
- 4** In a saucepan over high heat, bring 1.5 l (6 cups) water to a boil. Add 15 ml (1 tbsp) of the oil to the boiling water. Reduce heat to low. When water is barely simmering, add shrimp, gently stirring so that

they do not clump together. Cook until shrimp just turn pink.

- 5** Carefully drain shrimp, shaking strainer to remove excess water.
- 6** In a small bowl, combine broth, rice wine, remaining 2 ml (1/2 tsp) cornstarch and pepper. Set aside.
- 7** Heat a flat-bottomed wok or skillet over high until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in remaining 15 ml (1 tbsp) oil; add ginger and scallions. Stir-fry for 10 seconds or until ginger and scallions are fragrant.
- 8** Add shrimp and peas, sprinkle on remaining salt. Stir broth mixture to recombine, then swirl it into wok. Stir-fry until shrimp are just cooked (2 minutes) and sauce just clings to shrimp.

THE ASSOCIATED PRESS

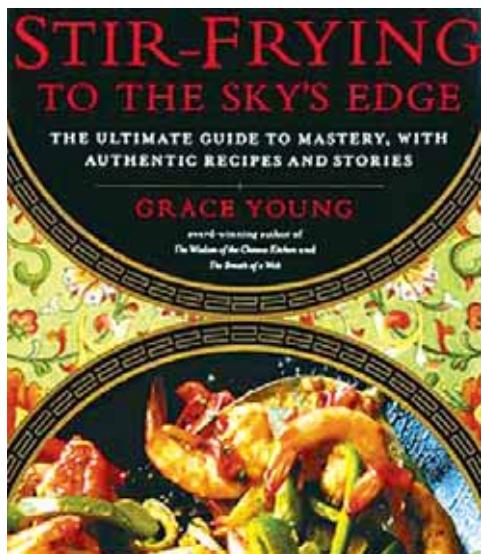


Start to finish:  
1 hr 20 mins (20 mins active)  
Servings: 4

► Stir-fried crystal shrimp is a great recipe for Chinese New Year.

### Ingredients:

- |  |  |   |                                 |  |
|--|--|---|---------------------------------|--|
| • 500 g (1 lb) large raw shrimp, peeled and deveined | • 15 ml (1 tbsp) plus 2 ml (1/2 tsp) cornstarch, divided         | • 30 ml (2 tbsp) peanut or vegetable oil, divided | • 75 ml (1/3 cup) chicken broth | • 15 ml (1 tbsp) Shaoxing rice wine or dry sherry                    |
| • 11 ml (2 1/4 tsp) salt, divided                    | • 30 ml (2 tbsp) egg white, lightly beaten (about 1/2 egg white) | • 0.5 (1/8 tsp) ground white pepper               | • 3 slices ginger, smashed      | • 3 scallions, halved lengthwise and cut into 5-cm (2-inch) sections |
| • 30 ml (2 tbsp) egg white,                          | • 15 ml (1 tbsp) Shaoxing rice wine or dry sherry                | • 0.5 (1/8 tsp) ground white pepper               | • 3 slices ginger, smashed      | • 3 scallions, halved lengthwise and cut into 5-cm (2-inch) sections |



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## Turning Point

**KRUZE**  
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**I** was suicidal for three years," Jeff Collins is very honest when he talks about the motorcycle accident that caused the amputation of his leg and left his other limbs severely damaged. But he credits a strong circle of friends and his own determination for pulling him through the dark moments of his recovery.

Unable to find a proper fitting prosthetic, Jeff went to school to learn how he could make them. While working on a plan to start his own business his beloved dog Stash injured her leg. Surgery was too expensive. Jeff was heartbroken until he realized that

## PUPS GIVE A LEG UP ON LIFE

he could use the human techniques he had learned and make his dog a knee brace. Stash got better and Collins' technology is now used around the world from Australia to Europe.

Today, Jeff Collins celebrates the day that changed his life because it marked a turning point for him and the groundbreaking technology he pioneered. It's his patients that give him the most joy. "They look up at me with eyes of gratitude and wagging tails. I'm so happy I can help these animals."

## Animal instinct

- K-9 Orthotics and Prosthetics patients include dogs, cats, rabbits, llamas and even a moose
- Four hundred animals were helped last year.
- Collins' technology is now being used in Canada and around the world in Australia, Chile, Germany, The Netherlands, Sweden, Switzerland and the U.S.
- You can find out more at [k-9orthotics.com](http://k-9orthotics.com)



► Jeff Collins, founder of K-9 Orthotics and Prosthetics Inc., poses with two of his dogs.

## New careers can be taxing

"Aside from learning a new job or finding a place to live, starting your career means thinking about taxes," explains Cleo Hamel, a senior tax analyst at H&R Block Canada ([hrblock.ca](http://hrblock.ca)).

"Making good decisions now can make things easier at tax time, as well as help plan for the future."

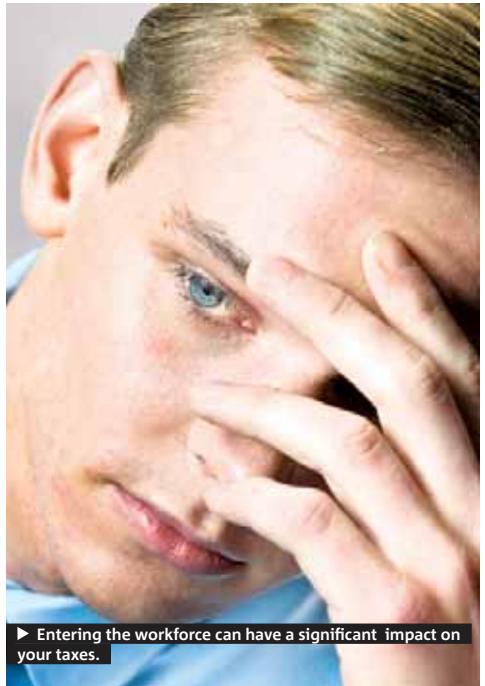
The payroll department requires an employee to complete a TD1 Personal Tax Credits Return form. It asks basic questions and determines the amount of federal and provincial tax to be withheld from your paycheque. "Most employees fill out a TD1 form once, but if your tax situation changes you should update that form," says Hamel. "It could reduce

your paycheque deductions."

Young Canadians may have extra job-related expenses such as new office clothes and dry cleaning. While these expenses are not a tax deduction, anyone with employment income can claim the Canada Employment Amount, which means about \$157 in tax savings.

Employees should keep track of their health-care premiums. Even with an employer benefit plan, many employees pay a monthly amount to fund the program. This can be claimed as a medical expense. The annual payment should be included on your last pay stub of the year. **NEWS CANADA**

ISTOCK



► Entering the workforce can have a significant impact on your taxes.



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News worth sharing.

# Stallions have no answer for Mitchell

► Guard sets the tone in his season debut as Rainmen get back in win-column in front of a season-high crowd



MATTHEW  
WUEST  
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**115**  
RAINMEN

**83**  
STALLIONS

Three games were long enough for Tommy Mitchell to stay sidelined with a nagging Achilles heel injury.

The Halifax Rainmen guard made his season debut on Saturday night and — despite playing through aches and pains that won't go away — paced his club with 19 points in a 115-83 blowout victory over the Kentucky Bluegrass Stallions before a season-high crowd of 3,202 at the Metro Centre.

"By the grace of God I made it through," Mitchell said afterward. "It felt really good to be back on the floor with my

**"It was really huge, especially after coming off a tough loss at home ... I really feel we responded to the challenge. A lot of teams lay down after a loss like that."** GUARD TOMMY MITCHELL, ON THE RAINMEN'S BOUNCE-BACK WIN OVER KENTUCKY ON SATURDAY.

teammates. These guys have worked extremely hard and it's really good to be back fighting with them."

The Rainmen brought in the six-foot-three Mitchell in an effort to compete for a Premier Basketball League championship.

As evidenced by Saturday's 19-point outing that helped improve the Rainmen's record to 3-1, second in the PBL, Mitchell's well-rounded skill set along with his work ethic and veteran savvy make him a dangerous offensive threat.

Rainmen owner Andre

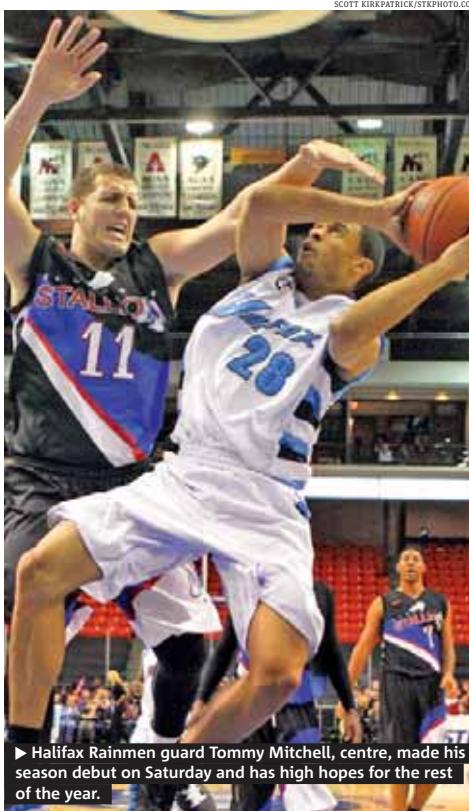
Levingston calls him "a quiet storm."

"The kid doesn't miss many shots," he said. "He practises hard, does his job, hits big shots, runs the floor and you can tell he spends a lot of time in the gym. He's a pro."

Since Mitchell's NCAA Division I career at Siena College ended in 2005, the 28-year-old from Los Angeles has bounced around the pros and earned a handful of tryouts and workouts with NBA teams. He's hoping to keep his big-league dream alive in Halifax.

"I'm still trying to achieve it, I'm still talking to (NBA) teams that have interest," he said. "The thing is, you've got to learn how to be a winner and if you're a winner, people will look at you. That's why I'm here."

For more Rainmen coverage, follow @metrorainmen on Twitter.



► Halifax Rainmen guard Tommy Mitchell, centre, made his season debut on Saturday and has high hopes for the rest of the year.

# 4 sports

## More sports

### Stuart Lenehan

The 20-year-old forward from Dartmouth was the first star with a pair of goals as the Metro Marauders beat the Yarmouth Mariners 4-1 in Maritime Junior Hockey League play yesterday at the Sportsplex. Travis Hall kicked out 21 of 22 shots as the Marauders improved to 23-16-1-1.

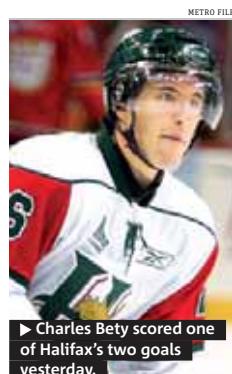


### Neil Conway

The Saint Mary's Huskies goalie posted a 22-save shutout for his third clean sheet of the season in Friday's 5-0 win over the host Dalhousie Tigers. The Huskies, who lost 4-2 to Acadia on Saturday, are second in the Atlantic University Sport men's hockey standings at 13-5-1.

## Road not so kind to Mooseheads

**Opposing star players giving Herd headaches**



► Charles Bety scored one of Halifax's two goals yesterday.

Standings				
	W	L	S/O	P
SAINT JOHN	35	5	3	73
QUEBEC	34	8	3	71
MONTRÉAL	31	7	7	69
DRUMMONDVILLE	29	12	6	64
GATINEAU	29	12	5	63
LEWISTON	30	15	2	62
BATHURST	29	14	2	59
SHAWINIGAN	25	14	3	53
VICTORIAVILLE	24	18	4	52
MONCTON	23	16	6	52
RIMOUSKI	23	22	2	48
P.E.I.	21	19	5	47
CHICOUTIMI	16	20	9	41
VAL-D'OR	16	23	5	37
HALIFAX	14	29	2	30
CAPE BRETON	13	30	3	29
BAIE-COMEAU	7	31	9	23
ROUYN-NORANDA	8	34	3	19

PREMIER BASKETBALL LEAGUE				
EAST CONFERENCE				
	W	L	Pct	GB
HALIFAX	3	1	.750	—
QUEBEC	3	2	.600	0.5
VERMONT	2	3	.400	1.5
Saint John	1	3	.250	2.0

WEST CONFERENCE				
	W	L	Pct	GB
LAWTON-FORTSILL	4	0	1.000	—
ROCHESTER	2	2	.500	2.0
KENTUCKY	2	3	.400	2.5
DAYTON	1	4	.200	3.5

The Halifax Mooseheads' latest losing streak didn't get much prettier on the weekend.

The Mooseheads wrapped up a tough three-game road trip with 5-2 losses to the nationally fifth-ranked Montreal Juniors yesterday and the nationally 10th-ranked Gatineau Olympiques on Saturday to leave them mired in a five-game slump.

"Nothing's easy right now," said Mooseheads head coach Bobby Smith. "Everybody's fighting for points — the guys at the top, guys at the bottom — and we're going to have to be a little bit better if we're going to pick up more wins."

The Mooseheads were

happy to at least have stopped some of the bleeding after being blasted 9-3 by the Lewiston Maineiacs and 9-2 by the Saint John Sea Dogs in their previous two outings.

Brent Andrews and Charles Bety scored in the first period to stake the Mooseheads to a 2-1 lead after 20 minutes yesterday, but the Juniors stormed back and goalie Anthony Terenzio was pulled after allowing four goals on 17 shots. Frederic Piche stopped 19 of 20 in relief.

The Mooseheads return home with a 14-29-1-1 record and face the Victoriaville Tigres at the Metro Centre on Friday.

"We knew it was going to be a tough trip ... but we certainly played better the last two games," Smith said. "That's something we'll have to (build off of) when we get back home on Friday."

• MATTHEW WUEST

The Halifax Mooseheads continue to have a hard time stopping the opposition's star players.

Yesterday it was world junior star Louis Leblanc of Montreal with a goal and three assists in a 5-2 triumph. Saturday it was Gatineau's Philip-Michael Devos with a five-point night and Tye McGinn with a hat trick. Last week, it was Lewiston's Michael Chaput (five points) and Saint John's Jonathan Huberdeau (six points).

"These guys are high-end players," conceded Mooseheads head coach Bobby Smith. "We haven't been making an excuse about our youth, but our top-six forwards are much younger players, and some nights it shows."

• MATTHEW WUEST



Scan code for more sports

# Jets boot Patriots out of playoffs

► Sanchez completes 16 of 25 passes for 194 yards and 3 TDs

**28** **21**

JETS      PATRIOTS

So the Jets weren't all (trash) talk after all.

Now Rex Ryan's rowdy bunch is headed to its second straight AFC championship game after New York backed up its coach's boasts with a 28-21 win yesterday over the Patriots — the team that had the best record in the NFL.

Mark Sanchez threw three touchdown passes and Tom Brady was sacked five times in the most-hyped of the weekend's four post-season games following a week of verbal potshots from both teams.

The Jets led their fierce rival 14-3 at halftime before Brady's two-yard touchdown pass to Alge Crumpler and Sammy Morris's run for a two-point conversion made it 14-11 late in the third quarter. But Sanchez came right back with a seven-yard scoring pass to Santonio Holmes and New York finished the upset with Shonn Greene's 16-yard touchdown run.

The Jets (13-5) kept Ryan's prediction of a Su-

per Bowl appearance alive. New England (14-3) lost its third straight post-season game.

Ryan has said many times that the Jets are a Super Bowl-calibre team, and has irritated fans, opposing players and media with his bold comments. Last week he said the game was a contest between him and Patriots coach Bill Belichick. Then, after Antonio Cromartie called Brady an expletive Tuesday, Ryan said he wouldn't punish his cornerback.

The ultra-serious Belichick wasn't as kind to Wes Welker.

The wide receiver was benched for the Patriots' first series for subtle remarks apparently directed at Ryan. Welker made several references to feet in his news conference Thursday, interpreted by some as a dig at recent foot fetish reports involving Ryan. But when the game ended, Belichick walked slowly to midfield where he met Ryan, patted his conqueror on the back with his left hand and shared some words.

The Jets will face the Pittsburgh Steelers, who topped Baltimore 31-24 Saturday, in the AFC championship game next Sunday night.

THE ASSOCIATED PRESS

Old rivals will fight for NFC crown

**35** **24**

BEARS      SEAHAWKS

Football's oldest rivalry has a grand new prize: A spot in the Super Bowl.

The Bears' 35-24 dismantling of overmatched Seattle yesterday sets up the biggest game in their 90-year series with the Packers. Chicago and Green Bay will play for the 182nd time next Sunday, but their first meeting for the NFC title.

Jay Cutler ran for two touchdowns and threw for two as Chicago (12-5) pounded the Seahawks (8-10) from the outset, gliding through the snowflakes to score 21 first-half points. The defence was monstrous enough when it mattered, shutting down an offence that scored 41 points against New Orleans last week, but that gained only 111 through three periods at Soldier Field, where Seattle managed a 23-20 victory in October.

Although it got closer at the end, this was the result many projected the first division winner with a losing record would sustain, making it difficult to measure how good the Bears are.

Not much was expected of the Bears when the season began, but they've improved mightily since falling to 4-3 heading into their bye week. They clinched a playoff berth with two games remaining, grabbing their first NFC North championship since 2006. THE ASSOCIATED PRESS



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## Crossword

**Across**

1 Flightless flock  
5 Discoverer's call  
8 Impale  
12 About 2.2 pounds  
14 Operatic solo  
15 Interweave  
16 Covers  
17 Remuneration  
18 Andean pack  
20 Sacred song  
23 Line of fashion?  
24 "Zounds!"  
25 Become twisted  
28 Angry dog's sound  
29 South African statesman Jan  
30 Sphere  
32 Ugandan city on Lake Victoria  
34 Stereo forerunner  
35 Love god  
36 Undressed  
37 Some kind of a nut  
40 Charged bit  
41 Stench  
42 Interlude during a play  
47 Dalai —  
48 Faith  
49 Prayer ending  
50 Scale member  
51 Lip

**Down**

1 — out a living  
2 60 sec.  
3 Last (Abbr.)  
4 Lathered  
5 Unrestrained indulgence  
6 Actor Holbrook  
7 Brunch entree



## Today's horoscope

**Aries** March 21-April 20 Forget about the rules and ignore what other people say is the "right" way to act—the only thing that should matter to you is results.

**Taurus** April 21-May 21 If you make an effort to reach out to others today they will make an effort to do things for you.

**Gemini** May 22-June 21 Good fortune will come your way and no doubt it is well deserved. By all means enjoy yourself but don't lower your sights and be satisfied with less than you are capable of.

**Cancer** June 22-July 22 The more you have done for others the more others will now do

for you. Today's Sun-Uranus link will bring the kind of unexpected development that makes you glad to be alive.

**Leo** July 23-Aug. 23 Don't pretend that you are shocked by what you see and hear today when you knew it was going to happen. In a way you secretly hoped that certain individuals might behave outrageously.

**Virgo** Aug. 24-Sept. 22 Anyone who tries to impose restrictions on you must be told in no uncertain terms that you will not be limited by their ideas of how you should behave.

**Libra** Sept. 23-Oct. 23 You have your own way of doing

For today's crossword answers and for expanded horoscopes, go to metronews.ca

things and if you should stick to it no matter how hard others try to persuade you to change your ways to something more "modern."

**Scorpio** Oct. 24-Nov. 22 You will be a lot more sociable today and that's good because the more you get out and about the happier you are likely to be. There's a great party going on somewhere.

**Sagittarius** Nov. 23-Dec. 21 You may be tempted to do something outrageous to get yourself noticed but is that such a good idea? Yes it is. In fact it's a brilliant idea.

**Capricorn** Dec. 22-Jan. 20 The last few weeks have been

## Sudoku

						5	4		
						4	1	9	
3	4	2					8		
1					9	6	5		
2							7		
6			8		7		4		
		5				7	8	2	
9			5	8					
	8	3							

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



1	3	8	2	5	4	9	6	7
7	5	2	9	6	8	1	3	4
6	4	9	3	1	7	2	5	8
3	9	4	1	8	2	6	7	5
8	1	6	7	9	5	4	2	3
5	2	7	4	3	6	8	9	1
9	8	3	6	7	1	5	4	2
4	7	1	5	2	9	3	8	6
2	6	5	8	4	3	7	1	9

Today



-8°/-15°  
Partly cloudy

Tuesday



1°/-1°  
Mainly sunny



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## Caption contest

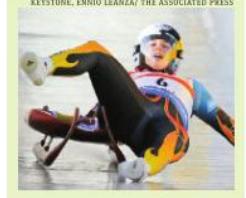


"That's  
the last time I  
buy a fur(fir)  
coat off ebay!"

DARCY A.

**You write it!**

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



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